



IMPORTANT UPCOMING DATES

- **Wednesday, September 23—End of Add/Drop for Grade 7-12 students**
- **Wednesday, September 30—Virtual Open House for Grades 7-12 from 6-8PM**
- **Monday, October 12—Columbus Day (NO SCHOOL)**
- **Monday, October 19—Virtual Parent and Student Forums at 5 and 6 PM**

FREE Strength & Conditioning Camp

Mike Fernandes from Infinite Fitness will be conducting a 4-week Strength & Conditioning Camp outside on the field hockey field at WJSHS. Each of the 12 sessions will be one-hour sessions (see dates & times below). There is no cost for WJSHS students to participate. You do not have to be an athlete to sign up, as this training is open to all students.

Week 1 - Sept. 28, 30 & Oct. 2 from 5:30 - 6:30

Week 2 - Oct. 5, 7, 9 from 5:30 - 6:30

Week 3 - Oct. 14, 16 from 5:00 - 6:00 (skip 10/12 Columbus Day)

Week 4 - Oct. 19, 21, 23 from 5:00 - 6:00

Last session Monday, Oct. 26 from 5:00 - 6:00 with the potential to run any that had to be postponed on 10/28 and 10/30

Mr. Fernandes is a well-known fitness expert and graduate of Westport High School. The four weeks of training will include:

Dynamic Flexibility

Movement Prep/Quality/Mobility

Sport-specific speed/agility/quickness/reaction

Strength focusing on various methods utilizing changes in tempo and time under tension.

Conditioning with a focus on Team/Character building

All COVID protocols will be enforced, including wearing face masks and social distancing. You will also be required to electronically complete a Parent Permission & COVID Screening Google Form to participate in this camp. Please complete this form within 24 hours of each training session, and arrive 10 minutes before the start of the training.

We have capped the maximum number of students at 75 to ensure adherence to COVID protocols while maximizing personal attention to students.

You must email jpacheco@westportschools.org to register for the camp.

I hope you can join Mike and his team of professionals here at school for this exciting FREE opportunity!!!

INSIDE THIS ISSUE

Important Dates	1
Athletics and Activities.....	1
New Staff Introductions.....	2
Guidance Information.....	2

GUIDANCE UPDATES

Ms. Fallows—Grade 7&8
Students

Ms. Gong—Grade 9-12 Stu-
dents with Last Names A-K

Mrs. Ruel—Grade 9-12
Students with Last Names
L-Z

Mrs. Borelli—SAC

Mrs. Medeiros—SAC

PLEASE REACH OUT
WITH ANY ACADEMIC
OR SOCIAL CONCERNS!

Ms. Gong and Mrs. Ruel
would like to meet with
seniors about your future
plans—Please email or call
them to make an appoint-
ment!

FAFSA is available October
1! Seniors—Please check in
with your respective guid-
ance counselor if you have
any questions!

NEW STAFF INTRODUCTIONS!

Meagan Bernier **Grade 7&8 Business and Technology**

My name is Maegan Bernier. I was born and raised in Westport. I went to Simmons University where I received my Bachelors degree in Business Administration with a minor in Organizational Behavior. Soon after, I became a Certified Career Coach as I found my passion in education throughout my college career. My goal is to help students receive the necessary tools to be successful in high school, college, the trade, and beyond.

Currently, I am a graduate student at Boston University in hopes of receiving my Master in Educational Leadership and Policy. My likes revolve around finance and entrepreneurship . I am from a family full of entrepreneurs, so I believe I have a little bit of the entrepreneurial spirit in me. I love analyzing numbers which I like studying finance. There is not a lot that I don't like other than Reese's chocolate.

My hobbies outside of work are spending time with family and blogging. Additionally, I am currently training for Miss Massachusetts USA with my platform on Post-Secondary Career Options and Financial Literacy.

